

Redmond Senior Center

8703 160 Avenue NE

Hours: 8:30am-4:30pm, Monday-Friday

Call 425-556-2314 to register for Senior Adult Programs.

See page 47 for map and directions.

Big News!!!

RSC Programs are now available for OnLine Registration. Visit www.redmond.gov/econnect/start/start.asp for more information.

More happens at the RSC than fits on these pages.

Subscribe to the RSC News! - Only \$10 per year.

Be in the know!

Free Activities - Trips - Special Events Health and Wellness Presentations - Volunteer Opportunities Call 425-556-2314 to start your subscription today.

New to the area or just turned 50?

Find out more about the RSC; call 425-556-314 for a free new-comer's packet that includes a copy of the current Newsletter.

RSC Van Transportation

The RSC provides transportation from home to the Center and back again for seniors who live within the Redmond city limits. Pick-up and take-home times vary; ask for the current schedule when you call. You must call 425-556-2314 to make a reservations at least 24 hours in advance. Fare is 50¢ each way; monthly van passes are available.

Individuals who live outside of the city limits may contact the RSC for a brochure detailing other transportation options.

"What a beautiful center!"

Yes, those are often the words we hear when new people tour the RSC. Come on over and give us a try!

We have:

- A coffee bar and "hotel-like" lobby with magazines and comfortable furniture
- A greenhouse and a suspended hard wood dance floor
- A self-serve library and billiards room with three tables
- Card and game tables in the lobby
- A gift shop full of special crafts handmade by seniors
- An outdoor games court with areas to play badminton, bocce ball, croquet, horseshoes, pickle ball, shuffleboard, and volleyball
- And a hot lunch is served every day

All are available for use during the hours of 8:30 am to 4:30pm Monday through Friday.

Building Closures & Alternate Schedule

The RSC will be closed for holidays as follows:

May 31 - Memorial Day

July 5 - Independence Day

Due to special events some regularly scheduled activities may be changed on:

May 7 - Mother's Day Lunch

May 18 - Variety Show Dress Rehearsal

May 20 - Variety Show

June 3 - City Service Awards

June 18 - Father's Day Lunch

July 7 - Annual Picnic

August 18 - Safety Fair

Aug 25 - Concert Lunch

Fee Waivers

Individuals who meet the criteria are encouraged to apply for a waiver if the fee for the class they wish to attend is beyond their means. Call 425-556-2314 for more information.

Registration Information

Mixed-age classes

In order to provide a wider variety of classes, the RSC offers some mixed-age classes. These classes are clearly indicated in the age column. Children are not allowed in classes or workshops unless specifically noted in the class or workshop description.

Who is eligible to register for RSC classes?

Age and location of residence determines eligibility and fees. Please state your status when registering.

S = Senior - Individuals 50 years of age or older regardless of where they live, have first priority for registration, pay base fee.

R = Residents - Individuals younger than 50 years of age who reside or work in Redmond.

N = Non-residents - Individuals younger than 50 years of age who reside outside of Redmond, register one week later, pay 20 % more.

Registration Dates

Registration for classes and workshops are as follows:

S = March 29

R = March 29

N = April 5

Come one, come all to the annual Redmond Senior Center

Variety Show

Thursday, May 20, 2004 7pm

\$4 per person advance

\$5 per person at the door

Tickets available at the RSC after May 3.

Interested in performing? Call 452 556-2321 for more information.

Flea Market

It's time for the annual Senior Center Flea Market. Clean out your closets and sign up for a table. Or come take advantage of the bargains, you never know what treasures, trinkets, or collectibles you might find. Our kitchen will be open with lots of tasty treats. This event is primarily for used and secondhand items. Six-foot by three-foot tables are available with priority given to individuals age 50 years and older. Registration dates are as follows: S - all persons age 50 and over starting April 7; R - residents under age 50 starting April 14; and N - non-resident under age 50 starting April 28. Sorry, no refunds or transfers. All vendors must apply in person to select their table. Not available for Internet registration.

Loc: Senior Center. Fee: \$12S/\$12R/\$15N.

Age	Time	Days	Date
18+ yrs	10am-3pm	Saturday	Jun 5

The Redmond Greywolves need You!

Once again the RSC will field a team in the Puget Sound Senior Softball Association. All men age 55 years and older are encouraged to participate.

Call 425 556-2342 for more information.

Arts & Crafts

Bunka Embroidery

Bunka embroidery, sometimes called painting with yarn, is a punch embroidery, which originated in Japan in the early 1900's. Learn to create your own beautiful, delicate pictures using a special punch needle and silken threads. Melisa Akai will teach you the techniques to master this fun activity. Students need to supply a small pair of sewing scissors. Project kits and supplies will be available for purchase in class. The cost for a kit ranges from \$25-45 depending on the project you choose.

Open to age 18 years and over. No class May 31.

Instr: MELISA AKAI. Loc: Senior Center Room 111. Fee: \$20S/\$20R/\$25N.

Class#	Age	Time	Days	Date
12005	18+ yrs	1-3pm	Monday	May 3-24
12006	18+ yrs	1-3pm	Monday	Jun 7-28

Arts & Crafts continued

Drawing - The Basics

Come learn the secrets to drawing the things you see.

While there is something to be said for artistic talent, the basic mechanics of drawing can be learned by anyone.

Ann Stein Avant is a trained artist who will guide you in placing images on paper. Pick up a supply list when you register. Instr: Ann Stein Avant. Loc: Senior Center Room 109. Fee: \$42S/\$42R/\$50N.

Class#	Age	Time	Days	Date
12539	18+ yrs	9am-12pm	Wednesday	Jul 7-28

Driftwood Sculpture

Learn how to select, clean, oil and polish driftwood to create beautiful sculptures. For both the beginning and intermediate artists. Beginners will receive a supply list and a starter piece of wood at first class. The daytime class is for ages 50 and over. No class July 5. Instr: Charlene Sugden. Loc: Senior Center Room 109.

Fee: \$22.

Class#	Age	Time	Days	Date
MORNING				
11976	50+ yrs	10am-12:30pm	Monday	Jun 7-Jul 19
11977	50+ yrs	10am-12:30pm	Monday	Jul 26-Aug 30

AFTERNOON

11986	50+ yrs	1-3:30pm	Monday	Jun 7-Jul 19
11987	50+ yrs	1-3:30pm	Monday	Jul 26-Aug 30

EVENING

The evening class is open to those 18 years of age and older. Instr: Charlene Sugden.

Loc: Senior Center Room 109. Fee: \$25S/\$25R/\$30N.

Class#	Age	Time	Days	Date
13409	18+ yrs	6:30-9pm	Tuesday	May 18-Jun 22
11996	18+ yrs	6:30-9pm	Tuesday	Jun 29-Aug 3

ADVANCED

For students who have previous experience in driftwood sculpture.

Class#	Age	Time	Days	Date
13408	50+ yrs	2-4:30pm	Tuesday	May 18-Jun 22
13391	50+ yrs	2-4:30pm	Tuesday	Jun 29-Aug 3

Painting With Watercolor - Workshop

Our popular introduction to watercolor workshops have been incorporated into a series of ongoing workshops where students can continue to develop their watercolor skills, while also allowing beginners to join the class. New students will learn all the basics of watercolor painting -- using the tools, choosing a subject, and composition. Returning students will continue to explore and refine various watercolor methods. Our instructor, Ann Stein, has studied at the Chicago Art Institute and Cornish School of Arts in Seattle. She has traveled and painted throughout the world and exhibited in New York, NY. Instr: Ann Stein Avant. Loc: Senior Center Room 109. Fee: \$26S/\$26R/\$32N.

Class#	Age	Time	Days	Date
13410	18+ yrs	9am-12pm	Wednesday	May 12-19
13411	18+ yrs	9am-12pm	Wednesday	Jun 2-9
13412	18+ yrs	9am-12pm	Wednesday	Jun 23-30

Dance

Ballroom Dancing

Have you ever wanted to try ballroom dancing? Now you can! Attend with or without a partner. Dances taught include Rumba, Swing, Waltz, Tango and many others. Be prepared to have a good time! No class July 7. Instr: Celia Boarman. Loc: Senior Center Multipurpose Room. Fee: \$30S/\$30R/\$36N. For session #12042: \$15S/\$15R/\$18N.

Class#	Age	Time	Days	Date
12039	18+ yrs	1-2pm	Wednesday	May 5-26
12040	18+ yrs	1-2pm	Wednesday	Jun 2-23
12041	18+ yrs	1-2pm	Wednesday	Jun 30-Jul 28
12042	18+ yrs	1-2pm	Wednesday	Aug 4-11

Line Dancing

It's time to learn some new moves and polish up your old ones. Join our experienced instructor, Spencer Howard, to learn fun and easy dance steps that will have you boot-scootin' in no time. Enjoy the added benefits of a gentle mental and physical workout, too. No partner needed. Beginners welcome. No class June 3. Instr: Spencer Howard. Loc: Senior Center Multipurpose Room. Fee: \$25S/\$25R/\$30N.

Class#	Age	Time	Days	Date
12027	18+ yrs	10-11am	Thursday	May 6-27
12028	18+ yrs	10-11am	Thursday	Jun 10-Jul 1
12029	18+ yrs	10-11am	Thursday	Jul 8-29
12030	18+ yrs	10-11am	Thursday	Aug 5-26

Line Dancing - Catch-Up

Students new to line dancing are encouraged to attend this catch-up class. Learn basic steps and terminology so you can join the on-going class with confidence. Instructor Spencer Howard will bring you up-to-speed in no time. Loc: Sr Center Multipurpose Room. Fee: \$10S/\$10R/\$12N.

Class#	Age	Time	Days	Date
13421	18+ yrs	11am-12pm	Thursday	May 27
13422	18+ yrs	11am-12pm	Thursday	Jul 1
13423	18+ yrs	11am-12pm	Thursday	Jul 29
13424	18+ yrs	11am-12pm	Thursday	Aug 26

Westcoast Tappers - Basic

Both fun and challenging, tap dancing is great exercise for your mind and body. Easy-to-learn basic combinations are emphasized, such as time-steps, soft-shoe and paddle-turns. Learn complete routines as you tap for fun and fitness. For ages 18 and over. Margie is a great instructor; she will have you loving tap in no time! Instr: Margie Meillon. Loc: Senior Center Multipurpose Room. Fee: \$22S/\$22R/\$27N.

Class#	Age	Time	Days	Date
12050	18+ yrs	11am-12pm	Tuesday	Jun 1-Jul 6
12051	18+ yrs	11am-12pm	Tuesday	Jul 13-Aug 17
12052	18+ yrs	11am-12pm	Tuesday	Aug 24-Sep 28

Westcoast Tappers - Intermediate

Enjoy the motivation of other dancers as you move beyond the basic tap steps and work to polish your routines. Westcoast Tappers feature jazz, classic, and performing tap. It's a good way to stay fit and have fun, too! Instr: Margie Meillon. Loc: Senior Center Multipurpose Room. Fee: \$22S/\$22R/\$27N.

Class#	Age	Time	Days	Date
13429	18+ yrs	10-11am	Tuesday	Jun 1-Jul 6
13430	18+ yrs	10-11am	Tuesday	Jul 13-Aug 17
13431	18+ yrs	10-11am	Tuesday	Aug 24-Sep 28

Fitness

NIA Movement

In Swahili, Nia means with purpose; it also stands for Neuromuscular Integrative Action. It is an expressive fitness and awareness program that teaches a holistic approach to health. By blending movement, free expression and some elements of dance, T'ai Chi, Yoga, and other forms of movement, you can get an incredible workout! NIA movements are designed to work in a range of motion making your joints feel free and relaxed. This class is very popular and fun! Fee is based on the number of opportunities to exercise each month. Instr: Veronica Connolly-Bagshaw. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
Monday - No class May 31 & July 5.					
12084	18+ yrs	8:45-9:45am	Mon	May 3-24	\$12S/\$12R/\$15N
12085	18+ yrs	8:45-9:45am	Mon	Jun 7-28	\$12S/\$12R/\$15N
12086	18+ yrs	8:45-9:45am	Mon	Jul 12-26	\$9S/\$9R/\$11N
12087	18+ yrs	8:45-9:45am	Mon	Aug 2-30	\$15S/\$15R/\$18N

Friday - No class June 18.

Class#	Age	Time	Days	Date	Fee
12108	18+ yrs	8:45-9:45am	Fri	May 7-28	\$12S/\$12R/\$15N
12109	18+ yrs	8:45-9:45am	Fri	Jun 4-25	\$9S/\$9R/\$11N
12110	18+ yrs	8:45-9:45am	Fri	Jul 2-30	\$15S/\$15R/\$18N
12111	18+ yrs	8:45-9:45am	Fri	Aug 6-27	\$12S/\$12R/\$15N

NIA Movement - Evening

No class May 20.

Class#	Age	Time	Days	Date	Fee
12313	18+ yrs	6-7pm	Tue, Thu	May 4-27	\$25S/\$25R/\$30N
12314	18+ yrs	6-7pm	Tue, Thu	Jun 1-29	\$32S/\$32R/\$39N
12315	18+ yrs	6-7pm	Thu, Tue	Jul 1-29	\$32S/\$32R/\$39N
12316	18+ yrs	6-7pm	Tue, Thu	Aug 3-31	\$32S/\$32R/\$39N

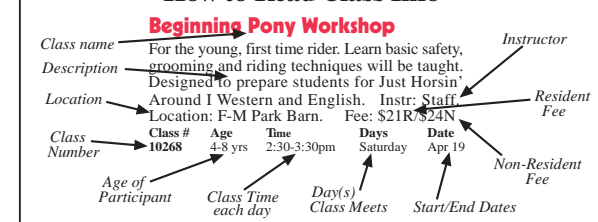
Yoga

Yoga From Your Chair

If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga, you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind, and spirit. In only 45-minutes you will enjoy the benefits of a yoga workout that includes: twists; upper body alignment and stretches; leg and ankle flexing; head, face and neck stretches; deep breathing; and a focus on relaxation for the whole body. Instr: Diana Piermattei. Loc: Senior Center Room 111. Fee: \$20.

Class#	Age	Time	Days	Date
12451	50+ yrs	10:15-11am	Thursday	Apr 29-May 20

How to Read Class Info



Fitness

Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle. No class May 31, July 5 & 7, Aug 18 & 25.

Instr: Jody Martin. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
12060	50+ yrs	10:15-11am	Mon, Wed	May 3-26	\$25
12061	50+ yrs	10:15-11am	Wed, Mon	Jun 2-30	\$29
12062	50+ yrs	10:15-11am	Mon, Wed	Jul 12-28	\$19
12063	50+ yrs	10:15-11am	Mon, Wed	Aug 2-30	\$22

Senior Strength

Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a water bottle. Register early. This class does fill up quickly! No class June 3.

Instr: Jody Martin. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
12072	50+ yrs	9-9:45am	Tue, Thu	May 4-27	\$20
12073	50+ yrs	9-9:45am	Tue, Thu	Jun 1-29	\$20
12074	50+ yrs	9-9:45am	Thu, Tue	Jul 1-29	\$23
12075	50+ yrs	9-9:45am	Tue, Thu	Aug 3-31	\$23

Water Exercise

The perfect low-impact exercise! Enjoy the buoyancy that water provides to improve flexibility, strength, and cardiovascular fitness without stress on joints. First-time students, please pick up a new student information sheet when you register. Carpooling to the pool is recommended due to limited space. Available to adults age 50 and over. Fee is based on the number of opportunities to exercise each month.

Class#	Age	Time	Days	Date	Fee
MAY - No class May 31.					
12325	50+ yrs	9:30-10:25am	Monday	May 3-24	\$20
12337	50+ yrs	10:30-11:25am	Monday	May 3-24	\$20
12349	50+ yrs	9:30-10:25am	Wednesday	May 5-26	\$20
12361	50+ yrs	10:30-11:25am	Wednesday	May 5-26	\$20
12377	50+ yrs	9:30-10:25am	Friday	May 7-28	\$20

JUNE - No class June 21, 23, 28, & 30.

12326	50+ yrs	9:30-10:25am	Monday	Jun 7-14	\$10
12338	50+ yrs	10:30-11:25am	Monday	Jun 7-14	\$10
12350	50+ yrs	9:30-10:25am	Wednesday	Jun 2-16	\$15
12362	50+ yrs	10:30-11:25am	Wednesday	Jun 2-16	\$15
12378	50+ yrs	9:30-10:25am	Friday	Jun 4-18	\$15

JULY - No class July 5.

12327	50+ yrs	11:30-12:30pm	Monday	Jul 12-26	\$15
12351	50+ yrs	11:30-12:25pm	Wednesday	Jul 7-28	\$20

August

12328	50+ yrs	11:30-12:30pm	Monday	Aug 2-30	\$24
12352	50+ yrs	11:30-12:25pm	Wednesday	Aug 4-25	\$20

Lifelong Learning

Computer Corner Orientation

For individuals with no computer experience, this class will give you the bare basics required to utilize the Computer Corner. Topics covered are an overview of the various parts of the computer and their function, logging on, setting up and accessing e-mail, and searching for information on the Internet. Open to age 50 years and over. Instr: Ray Anspach. Loc: Senior Center Room 103. Fee: \$10.

Class#	Age	Time	Days	Date
12395	50+ yrs	10am-2:30pm	Wednesday	May 12
12396	50+ yrs	10am-2:30pm	Wednesday	May 26
12397	50+ yrs	10am-2:30pm	Wednesday	Jun 9
12398	50+ yrs	10am-2:30pm	Wednesday	Jun 23
12399	50+ yrs	10am-2:30pm	Wednesday	Jul 14
12400	50+ yrs	10am-2:30pm	Wednesday	Jul 28
12402	50+ yrs	10am-2:30pm	Wednesday	Aug 11
12401	50+ yrs	10am-2:30pm	Wednesday	Aug 25

Computer Corner Practice Lab

For individuals who have taken the orientation class; provides additional help while practicing your new skills. Open to age 55 years and over. Instr: Ray Anspach.

Loc: Senior Center Room 103.

Fee: \$5.

Class#	Age	Time	Days	Date
12419	50+ yrs	9-11am	Friday	May 14
12420	50+ yrs	9-11am	Friday	May 28
12421	50+ yrs	9-11am	Friday	Jun 11
12422	50+ yrs	9-11am	Friday	Jun 25
12424	50+ yrs	9-11am	Friday	Jul 16
12423	50+ yrs	9-11am	Friday	Jul 30
12425	50+ yrs	9-11am	Friday	Aug 13
12426	50+ yrs	9-11am	Friday	Aug 27

Computers - Internet & E-mail

Unravel the world-wide-web with the guidance of our experienced instructor, John Stilz. Learn about Internet providers, e-mail accounts, web sites and much more. Basic knowledge of Windows required. No class May 28.

Instr: John Stilz. Loc: Redmond Elementary School Computer lab. Fee: \$20.

Class#	Age	Time	Days	Date
12437	50+ yrs	3:40- 5:30pm	Friday	May 21-Jun 18

Wellness

T'ai Chi Chuan

T'ai Chi Chuan is considered one of the more healing forms of T'ai Chi. Experience clarity and insight and how it relates to your daily life. Benefits of T'ai Chi Chuan include a better sense of balance, body-awareness, focus and increased energy. Class is for ages 18 and over. No class July 7.

Instr: Jason Mix. Loc: Senior Center Multipurpose Room. Fee:.

Class#	Age	Time	Days	Date	Fee
12462	18+ yrs	2:30-3:30pm	Wed	May 5-26	\$30S/\$30R/\$35N
12463	18+ yrs	2:30-3:30pm	Wed	Jun 2-23	\$30S/\$30R/\$35N
12464	18+ yrs	2:30-3:30pm	Wed	Jun 30-Jul 28	\$30S/\$30R/\$35N
12465	18+ yrs	2:30-3:30pm	Wed	Aug 4-11	\$15S/\$15R/\$18N